



Grilled Grouper with Mango Salsa

Serves 4

1-1/4 pounds grouper fillets 1-2 inches thick or 4 (5-6 oz) pieces of grouper

Old Bay Seasoning

Lemon pepper

Kosher salt

Garlic powder

1/4 cup of melted butter

Mango Salsa

2 ripe mangoes, peeled and diced

1/2 red bell pepper diced

1/2 green bell pepper diced

2 jalapenos seeded and finely minced

2 small shallots, finely minced

2 cloves garlic, finely minced

4 Tbsp. chopped fresh Italian parsley

1/2 cup crushed pineapple with juice

4 tsp. lemon or lime juice

Salt and pepper to taste

You will have the best results when cooking fish on the grill if you use a fish grate or wire fish basket. If you don't have either of these, first make sure your grill grate is squeaky clean, then liberally oil the grate using tongs holding a folded paper towel which has been soaked in vegetable oil to ensure your fish doesn't stick.

When you are ready to grill your fish, preheat your grill to high (about 400-425 degrees).

If you are using a fish grate, first preheat the grill, spread a liberal amount of vegetable oil on the fish grate and then place it on the grill grate to heat up before adding your fish.

While the grill is heating up, add the mango, red and green bell pepper, jalapeno, crushed pineapple and juice, garlic, shallots, lemon or lime juice and parsley to a large bowl and mix well. Taste and add salt and pepper if needed. The salsa can also be made 24-48 hours ahead of time to allow the flavors to develop.

To prepare your fish fillets for cooking, season both sides of the fillet to taste with salt, lemon pepper, Old Bay Seasoning, and a little garlic powder. Then brush melted butter or olive oil on both sides.

When your grill and fish grate are hot, add your fillets and close the lid. Depending on the thickness of the fillet and how hot your grill is, your fish should take about 6 minutes per inch of thickness, per side. Before you turn the fillets over, brush both sides again with the melted butter.

To check to see if your fish is done, take a fork and gently pull back a section in the center. It should flake easily. If the fish is opaque with just a bit of translucent center, it's ready to come off. The goal is to pull the fish off right before it completely finishes cooking and then let it rest loosely covered with aluminum foil for about 10 minutes. The fish will finish cooking while it rests.

To serve, place a fillet on a plate and spoon mango salsa over the top. Enjoy!